

# International Birth and Wellness Project Childbirth Educator Training Program Reading List

## **Core Curriculum Books:**

- *Active Birth* by Janet Balaskas (revised ed.)
- *The Complete Book of Pregnancy and Childbirth* by Shelia Kitzinger
- *Empowering Women: Teaching Active Birth* by Andrea Robertson

## **Additional Required Reading:**

- *Heart and Hands* by Elizabeth Davis
- *Birth as an American Rite of Passage* by Robbie Davis-Floyd
- *Our Bodies Ourselves for the New Century* by Boston Women's Health Book Collective
- *A Guide to Effective Care in Pregnancy and Childbirth* by Murray Enkin et al
- *Understand Diagnostic Tests in the Childbearing Year* by Anne Frye
- *What Every Pregnant Woman Needs to Know About Cesarean Section* by the Maternity Center Association
- *Easier Childbirth* by Gayle Peterson
- *Ended Beginnings* by Claudia Panuthos
- *Presenting Unexpected Outcomes* by Sherokee Ilse
- *After the Baby's Birth* by Robin Lim
- *Nursing Mother's Companion* by Kathleen Huggins
- *Nursing Mother, Working Mother* by Gale Pryor
- *How to Raise a Healthy Child in Spite of Your Doctor* by Robert Mendelsohn
- "The Circumcision Decision" and "When Your Baby Boy is Not Circumcised" by Pennypress

## **Recommended Reading List**

*Special Delivery* by Rahima Baldwin

*You Are Your Child's First Teacher* by Rahima Baldwin

*Pregnant Woman's Comfort Book* by Jennifer Loudon

*The Natural Pregnancy Book* by Aviva Jill Romm

*Birthing From Within* by Pam England and Rob Horowitz

*The Thinking Woman's Guide to a Better Birth* by Henci Goer

*Giving Birth* by Catherine Taylor

*Spiritual Midwifery* by Ina May Gaskin

*Ina May's Guide to Childbirth* by Ina May Gaskin